Sevens Rhumba

拍數: 32

級數:

編舞者: David Millington (UK)

音樂: Two Pina Coladas - Garth Brooks

牆數:2

SYNCOPATED RHUMBA BOX, PIVOT TURNS, REPEAT

- 1&2 Step left foot to left side, step right next to left, step left foot forward
- 3-4 Pivot a ¹/₄ turn right on 2 beats (dipping slightly, click fingers on beat 4)
- 5-6 Pivot a ¹⁄₄ turn right on 2 beats (dipping slightly, click fingers on beat 4)
- 7-12 Repeat beats 1-6 on opposite feet

CROSS STEPS ENDING WITH A TOUCH

- 13-14 Cross right foot over left step left foot to left side
- 15&16 Cross right foot over left, step left foot to left side, touch right foot over left

STEP SLIDE, ROLL HIPS

- 17-18 Step right foot to right side, slide left up to right
- 19-20 Roll hips once to the left

At beginning of the second & 4th chorus roll hops twice to fit words "Bring Me", and at the beginning of the 3rd chorus roll hips 4 times to fit words "Bring, bring, bring me", (this is easier than it sounds)

ROCK TO SIDE & STEP BACK, REPEAT 3 TIMES

- 21&22 Step right to right side, while rocking on to it, rock left to left, step right foot back
- 23&24 Repeat beats 21&22 on opposite feet
- 25-28 Repeat beats 21-24

KNEE ROLLS WITH TWO ¼ TURNS

- 29-30 Make ¼ turn to left while rolling left knee out, roll right knee in
- 31-32 Repeat beats 29-30

At beginning of the 1st chorus the last two knee rolls are slowed to 4 beats of music, to fit the words "bring me"

REPEAT





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